

FAIRFIELD ELEMENTARY MENU – September 2010

WEEKLY ALTERNATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef Salad/Bread Cereal/Yogurt Plate Bagel/Yogurt Plate	Bagel/Yogurt Plate <u>includes:</u> Wheat Bagel, Cream Cheese, Yogurt, String Cheese, Fruit, Veggie, Milk	Cereal/Yogurt Plate <u>includes:</u> Cereal, Yogurt, String Cheese, Fruit, Veggie, Milk	<h2 style="margin: 0;">Welcome Back!</h2>	2 BBQ Chicken Orange Rice Pilaf Mexicali Corn Fruit Choice Milk	3 Deep Dish Pizza Fresh Steamed Broccoli Fruit Choice Milk
Chef Salad/Bread Tuna Sandwich Cereal/Yogurt Plate Bagel/Yogurt Plate	6 <h2 style="margin: 0;">Labor Day</h2>	7 Crustless Broccoli Quiche Wheat Dinner Roll Tossed Salad Oil & Vinegar Dressing Fruit Choice Milk	8 Whole Grain Rotini With Meat Sauce Spinach Salad With Shredded Carrots, Cabbage and Raisins Fruit Choice/Milk	9 <h2 style="margin: 0;">Rosh Hashanah</h2>	10 Pizza Wedge Fresh Veggies Fruit Choice Milk
Chef Salad/Bread Ham Sandwich Cereal/Yogurt Plate Bagel/Yogurt Plate	13 Chicken Tenders Roasted Potatoes Wedges Creamy Cole Slaw Fruit Choice Milk	14 Nachos with Beef Brown Rice Pilaf CT Yellow Squash Fruit Choice Milk	15 Whole Grain Penne With Meat Sauce CT Zucchini Fruit Choice Milk	16 Chicken and Noodles CT Corn on Cob Fruit Choice Milk	17 Round Pizza CT Green Pepper Strips Fresh Baby Carrots Fruit Choice Milk
Chef Salad/Bread Roast Beef Sandwich Cereal/Yogurt Plate Bagel/Yogurt Plate	20 Chicken Nuggets Mashed Potatoes Creamy Cole Slaw Fruit Choice Milk	21 Cheddar Quesadilla with Broccoli, Pesto and Tomato Corn Niblets Fruit Choice/Milk	22 Whole Grain Spaghetti With Meat Sauce Fresh Steamed Broccoli Fruit Choice Milk	23 Honey Lemon Chicken Quick Baked Potato Fresh Steamed Spinach Fruit Choice Milk	24 Stuffed Crust Pizza Carrot-Raisin Salad Fruit Choice Milk
Chef Salad/Bread Turkey Sandwich Cereal/Yogurt Plate Bagel/Yogurt Plate	27 Popcorn Chicken Fresh Baby Carrots Smiley Fries Fruit Choice Milk	28 Beef & Bean Tamale Pie Fresh Veggies Fruit Choice Milk	29 Lasagna With Beef Wheat Dinner Roll Tossed Salad Oil & Vinegar Dressing Fruit Choice Milk	30 Toasted Cheese Sandwich on Wheat Bread Fresh Veggies Fruit Choice Milk	<u>Each Meal Includes Choice of:</u> Vegetables: Veggie of the Day or Fresh Veggie Cup with Dip Fruit: Fresh, Dried Fruit, Canned in Lite Syrup or 100% Fruit Juice Milk: 1% Low Fat, Low Fat Chocolate, Non-Fat (Skim)

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